

Shoreline



City of Seal Beach Classes and Activities • Winter 2013-14



City of Seal Beach

211 8th Street, Seal Beach, CA 90740 • (562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Gary Miller, District 4
Mayor Pro Tem	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3
Council Member	Michael Levitt, District 5

CITY STAFF

City Manager	Jill Ingram
Administrative Manager	Patrick Gallegos
City Clerk	Linda Devine
Chief of Police	Joseph Stilnovich
Director of Community Development	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
PT Recreation Coordinator	Marquis Lee, ext. 1307
PT Recreation Coordinator	Morgan Wraight, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Craig Powell

MUNICIPAL MEETINGS

Planning Commission

7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board

6:30pm; Last Wednesday/month

Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June,
September, October, November

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HOLIDAY CLOSURES

Veteran's Day - November 11

Thanksgiving - November 28 & 29

Christmas/New Years – December 21- January 1

Martin Luther King Jr. Birthday - January 20

Presidents' Day- February 17

Day Light Savings: Spring forward on Sunday, March 9

REGISTER^{Online}

.SealBeachCa.Gov

Online Registration Begins:
November 4, 2013

Walk-in and Mail Registration Begins:
November 12, 2013

We welcome non-residents to participate in our programs as well! Register early to avoid class cancellations. Pre-registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.

City News

City of Seal Beach



Winter 2013-14

A Message from the City Manager's Office

With the holidays and end-of-the year festivities fast approaching, the City of Seal Beach is working hard to keep our town moving forward together as a community. By keeping each of you informed about the City's current and future plans, and by continuing to work together, I have no doubt the City of Seal Beach will continue to thrive. There is so much for residents, business owners, and visitors of Seal Beach to be proud of each day in our community.

And I believe part of the City's success and accomplishments over the past several years is built upon three core principles of open government: transparency, participation, and collaboration. These guiding principles have provided an opportunity to expand citizen access to the workings of government, as well as a tool for City staff to engage the public and provide service that is tailored to the Seal Beach community rather than a one-size-fits-all approach.

Transparency

Transparency is the principle that government processes and actions should be visible to citizens. In Seal Beach, the principles of transparency can be seen in many ways, from publishing the City's budget to posting employee compensation on the City's website. In addition, and as a result of the Public Records Act, the public has the right to inspect City records by completing a request with the City Clerk. Transparency can also be found in public meetings that are hosted by the City

and adhere to the Ralph M. Brown Act, which guarantees the public's right to attend and participate in meetings of local legislative bodies such as City Council meetings. These are but a few ways the public can unveil and assess the work that is being performed in the City.

Participation

The principle of participation holds that citizens' right of access extends beyond receiving information to include providing input and feedback. The City Council and City staff has actively solicited the public's input, recognizing that civic views and opinions taps the public's reservoir of knowledge and expertise, which stands to better inform decision makers and improve policy outcomes. Through public meetings, budget workshops, annual Council goal setting, and public outreach, the City understands the importance of public participation. Today's information technology also expands participation for those unable to attend meetings or visit City Hall by bringing City Hall to your doorstep with a click of your mouse or a tap on your smartphone or tablet. Whatever your instrument may be, please visit our website at www.sealbeachca.gov, as we continue to enhance features so that residents can more easily access information. We will continue to seek your participation with the ultimate goal of improving Seal Beach.

Collaboration

Collaboration is the principle that citizens can and should take an active role in government processes. It moves beyond including and

incorporating citizens' input to emphasize citizens' formal roles in government proceedings and policy implementation. Such formal roles

can be had by residents who are appointed and willing to partake in joining a City Commission, such as the Planning Commission or Recreation and Parks Commission. Residents also have the opportunity to run for elected office in the City to further their service to the community.

As City Manager, I will continue to ensure that City Hall is open to the public, that we support values that lead to better policy, improved outcomes, increased efficiency, and foster a collaborative environment that seeks your participation and leads to enhanced transparency. Only by working together collaboratively and appreciating each day how fortunate we are to thrive in a community like Seal Beach can we ensure that Seal Beach continues to prosper.

Wishing you all the best this Holiday Season!

*Jill R. Ingram
City Manager*



City Manager Jill R. Ingram

Water and Sewer Utility 101

The City of Seal Beach operates a water utility and a sewer utility. The benefit of having those services provided by your local city is that our residents can actively provide input into how the City provides that service. Some of the actions of the City are mandated by state and federal laws, but many have some discretion that can be used in the decision making process. Also, our local City staff is available and accessible for residents, and open to ideas on providing the best service possible. In addition to having local control of the water system, the City does participate in numerous regional groups that lobby and strategize regionally to keep costs as low as possible and reliability as high as possible.

Both systems are operated financially separate from other City finances as enterprise funds. This means that the funds collected from the bills are placed into separate accounts and are not mingled with other City funds. The enterprise funds cannot pay for activities outside of the cost to provide the service. In other words, it is illegal for the water enterprise fund to pay for building a new City park, cleaning of the beach, etc. To ensure, that this does not happen, each of the funds are openly discussed every year during the budget process. In addition, the funds are openly discussed when the rates are set. In fact, the City is looking for input. Any ideas on reducing cost are always welcome. Each enterprise fund is audited every year to ensure that the budget is followed and that all of the expenditures meet the guidelines for the fund.

The rates for both the water and sewer systems are comprised of two components. Those two components are an Operations Fund and a Capital Improvement Fund. The Operations Fund is billed based upon the water used, while the capital improvement fund is divided evenly among all of the customers and billed based upon the size of the water meter that serves the property. Seal Beach has invested significantly in both the water and sewer systems over the past 10 years with numerous successful projects. We have competitive rates for both utilities and have few water outages and no sewer spills.

It can be difficult for smaller cities to provide water and sewer service at the same rates as some of the larger cities or agencies, but Seal Beach is competitive with the other agencies. The operation and financing of the City's water and sewer system can be complicated. In fact there can be a misperception that these funds pay for other operations of the City. There are in fact explicit restrictions on the use of water and sewer funds. The City cannot and does not utilize those funds for any other City operations or uses other than those directly related to water and sewer operations. Please feel free to call our Public Works Department at 562.431.2527 ext. 1417 or email Sean Crumby with any questions at scrumby@sealbeachca.gov.

Love Your Lawn? Don't Overwater it!

We Southern Californians love our lush green lawn. When it comes to daily care, most of us water more than what our lawn is needed. Overwatering not only drowns our lawn, grows more weeds, wastes water (money), but also contributes to stormwater pollution!

Urban runoff occurs when excessive water from irrigation, car washing and other sources carries litter, lawn clippings, motor oil, pet waste, and other pollutants into catch basins, then into the storm drain system. Unlike water that enters the sewer (from sinks and toilets), water that flows into the storm drain is not treated before entering our waterways. Therefore, sometimes our beaches have to be closed due to high bacteria levels.

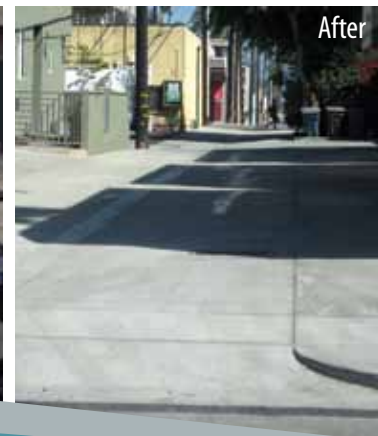
Overwatering our lawn is a common source of urban runoff. When a lawn is saturated, excess water flows off the landscape into streets, where it may enter the storm drain and our waterways. To prevent overwatering, follow these simple tips:

- Landscape with drought tolerant plants that require less water.
- Water early in the morning or in the evening to limit evaporation. Adjust your irrigation schedule by using the water index at www.bewaterwise.com.
- Fix any broken sprinklers to avoid water wasting and runoff.

Let's do our part to protect our waterways and keep our environment clean. Remember that the Ocean Begins At Your Front Door. To learn more about water conservation and rebate programs, please visit www.overwateringisout.org. For more information about Seal Beach's environmental programs and/or used oil recycling centers, contact the city by calling (562) 431-2527 or visiting www.sealbeachca.gov.

Ocean Avenue Alley Waterline and Sewer Replacements

The alley north of Ocean Avenue between 1st Street and 6th Street has water and sewer utility lines that have deteriorated over the years. The Ocean Avenue Alley Waterline and Sewer Replacements will replace sewer, waterlines and rehabilitate the alley pavement with a new concrete surface. The City is currently under construction and estimates the project to be completed in the summer of 2014.



Pink Patch Project Raises Breast Cancer Awareness and Funds

October was National Breast Cancer Awareness Month. Every October you can't help but notice the conspicuous infusion of pink on NFL and Major League Baseball team uniforms, and on the clothes of breast cancer survivors and supporters.

But you didn't have to turn on a professional sports event to see pink enhanced uniforms. This year all you had to do was have contact with a Seal Beach Police employee or volunteer.

That's right, for the entire month of October, Seal Beach Police personnel wore their traditional uniform with a uniquely embroidered pink patch. The "Pink Patch Project" as it is known around the station is the brainchild of one of the cancer survivors who works at the Seal Beach Police Department.

If you ask anyone at the department about who is responsible for the project, they'll likely turn the focus to the key elements of the project; raising cancer awareness and funds.

The partnership between the Seal Beach Police Department, the Law Enforcement Cancer Support Foundation (LECSF), and 5.11 Tactical, a police and tactical equipment manufacturer, made this fundraising project possible.

Seal Beach Police Department personnel had custom patches created



For the entire month of October, Seal Beach Police personnel wore their traditional uniform with a uniquely embroidered pink patch to signify the "Pink Patch Project."

by National Emblem. The patches were purchased and donated by the Seal Beach Police Officer's Association. The patches were stitched onto uniforms that were offered as part of a donation by the LECSF and 5.11 Tactical.

At the end of October, the patches were removed and sold to collectors. The proceeds of the sales go to the LECSF. The end result was a campaign that had no fiscal impact on the City of Seal Beach Police Department, and raised awareness and money for a great cause.

The men and women of the Seal Beach Police Department who support the project would like to extend a hearty thanks to 5.11 Tactical Equipment, National Emblem, the Seal Beach Police Officer's Association, the LECSF and all of the members of the community who have provided inspiration.

Coyote Co-Exist Reminder for City of Seal Beach Residents

Over the past several years, coyote sightings have become more common within the City of Seal Beach. Although statistics show attacks on humans are extremely rare, it is always a good idea to regularly remind the residents of our City how to safely co-exist with coyotes.

First and foremost, the most effective way to prevent coyote attacks in our neighborhoods is to eliminate the feeding of any wildlife whether intentionally or accidentally. That means keep trash cans secure, do not leave pet food outside and do not feed them food of any kind. Coyotes are generally timid and shy animals that tend to steer clear of any potential danger and thus pose little threat to humans.

Residents with small pets (less than 20 pounds) should supervise them while

outdoors. Domestic cats left outdoors can also serve to attract coyotes. It is important that domestic cats and small dogs be kept indoors. A coyote cannot tell the difference between a small cat or dog and a rabbit, mouse or any other food source. Any dog that is left outside most of the time (especially small dogs) should also be watched with caution.

Always use a secure, sturdy leash when walking your dog. Retractable leashes are not recommended as they tend to jam and can make it difficult for you to protect your pet from a predator.

If you see a coyote during the daytime or are approached by a coyote, you should yell, wave your arms and/or throw something at it. Do not run as this will cause the coyote to pursue what it thinks is prey.



For more information or to report a coyote sighting, please contact the Long Beach Bureau of Animal Control at (562) 570-7387 or the Seal Beach Police Department at (562) 799-4100.



Christmas Tree Pick-Up – Christmas trees will be collected for 3 weeks beginning December 26, 2013.

Shop Local

FOR THE HOLIDAYS



While walking around a mall this holiday season is one way to work off those big family meals and tasty seasonal treats, you could instead aid your fitness program by shopping local. Seal Beach has a plethora of shops and services to visit along Main Street, Seal Beach Boulevard and The Shops at Rossmoor; you are sure to find something for everyone. This town has so much to offer the community. For the mainstream shoppers seeking out the must-have gifts of 2013 to those looking for more unique gifts and special services. Many of the stores plan holiday sales and offerings that begin around Thanksgiving and last through the New Year, including gift certificates for those special people when you just can't decide what to give them.

There are also national campaigns, such as Small Business Saturday, now recognized as a national shopping holiday that provides incentives for shopping locally. Small Business Saturday takes place November 30, 2013, and many credit card companies and businesses now participate. Several of your local businesses and merchants offer specials on this day to further encourage residents of Seal Beach to SHOP LOCAL.

By frequenting local businesses this holiday season, you ensure the success of these businesses, which keeps them in town and helps to maintain the charm and character of the Seal Beach you know and love. It is also worth noting that the revenue from sales tax also feeds back to the City, which supports and funds many of the recreation events and classes that are offered to the residents of Seal Beach.

This holiday season, before hopping in your car and driving out of Seal Beach, ask yourself if what you are shopping for is available at one of your local businesses. The Seal Beach Chamber of Commerce website (www.sealbeachchamber.org/) is an excellent resource for looking up products and services offered by your local businesses.

So, SHOP LOCAL, you might discover a new favorite store or service while also supporting another member of this wonderful community we call home.

Prevent Kitchen Fires

Fires that start in the kitchen from unattended cooking are the leading cause of residential fires, which is why it was selected as the theme of this year's fire safety campaign.

According to research conducted by the National Fire Protection Association, two of every five home fires begin in the kitchen—more than any other place in the home. Also, cooking fires are also the leading cause of home fire-related injuries.

Following are a few tips on preventing kitchen fires:

- **Never** leave boiling, frying, or broiling food unattended. If you leave the kitchen for even a short period of time, turn off the stove.
- **If you have young children**, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.
- **When cooking**, wear clothing with tight-fitting sleeves or securely roll up loose sleeves to prevent them from catching fire. Keep flammable items such as oven mitts, wooden utensils, and food packaging away from your stovetop.
- **Plug cooking or other kitchen appliances** directly into an outlet not an extension cord as it can overload the circuit and cause a fire.
- **Follow manufacturer's instructions** and code requirements when installing, cleaning, and operating cooking equipment.

For more fire prevention tips, visit www.fpw.org.



SEAL BEACH
TENNIS CENTER

See **Page 19** for information about
the Seal Beach Tennis Center.

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith — 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebabh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Consolidated Disposal	(800) 299-4898 www.consolidateddisposalservice.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527

Ext. 1307 — Adult Sports, General Information & Classes

Ext. 1306 — Brochure/Classes, Instructors, Facility/Park Rentals and Special Event Permits

Ext. 1341 — Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, and Film Permits

Ext. 1344 — Community Garden, Tennis Center, General Information & Class Rosters



City of Seal Beach- Community Services



SealBeachRec

Seal Beach Holiday Fun!

Tree Lighting Ceremony

Saturday, November 30, 2013

4:00-7:00 p.m.

Eisenhower Park at the Pier

Come play in REAL snow!

Visit www.sealbeachchamber.org

for event details.

Seal Beach Christmas Parade

Friday, December 6, 2013

7:00 p.m.

Main Street in Old Town Seal Beach

The 35th annual Seal Beach Christmas Parade will take place along Main Street in Old Town Seal Beach. Sponsored by the Seal Beach Lions Club and the City of Seal Beach. Visit <http://bit.ly/SBChristmasParade> for more information.

Breakfast with Santa

Saturday, December 14, 2013

8:00 - 10:30 a.m.

Marina Community Center
151 Marina Drive

FREE! First come, first served.

The Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!



40th Annual Run Seal Beach

April 5, 2014

5/10K Run • 5K Walk • Kids Fun Run

Sign Up Now - Entries are limited

www.RunSealBeach.com

All event proceeds support local Recreation, Fitness & Schools, Programs and Organizations.

Free Tax Assistance

Mondays Only!

February 3 - April 14

Fire Station #48 - Community Room

3131 N. Gate Rd

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:15 a.m., 10:00 a.m., and 10:45 a.m., and 11:30 a.m. Limited stand by appointments are available on a first come first served basis. You will meet your tax counselor at the Fire Station #48- Community Room. Call for your free appointment and paperwork today! (562) 431-2527 x1344.



Save our Beach

3rd Saturday of each month

10:00 a.m.-1:00 p.m.

1st Street Beach

Monthly beach clean-up.

For more information,

call Kim Masoner at

(562) 884-6764.



Baby Sign Language

Shannon Zeeman
Los Alamitos Community Center
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. Learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, mom, dad and so on. All of these words will let you know their wants & feelings. \$5 supply fee payable to instructor at first class.

411071-01	3 weeks	Mon	1/27-2/10	9:45-10:30am	Infant- 2yrs	\$40
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Music & Movement

Danuta Klimczak
Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom both musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. Parent participation required for 2 year old class.

111061-01	4 weeks	Fri	1/10-1/31	10-10:50am	2 yrs	\$45
111061-02	4 weeks	Fri	1/10-1/31	11-11:50am	3-4 yrs	\$45
111061-03	4 weeks	Fri	2/7-2/28	10-10:50am	2 yrs	\$45
111061-04	4 weeks	Fri	2/7-2/28	11-11:50am	3-4 yrs	\$45

Toddler Express

Reina Rivera
Los Alamitos Community Center
10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$5 cash supply fee payable to instructor. Visit www.monkeysteps.com

111073-01	6 weeks	Wed	1/8-2/12	9:30-10:15am	1-3 yrs	\$72
111073-02	6 weeks	Wed	2/19-3/26	9:30-10:15am	1-3 yrs	\$72

Royal Princess Ballet

Reina Rivera
Los Alamitos Community Center
10911 Oak Street

Dress up in your most beautiful princess costume and come over for a magical fairytale time. Students will learn ballet steps and French terminology as they dance to their favorite princess songs. The last segment of each class is devoted to a creative princess craft. Parent participation is required. \$5 cash supply fee payable to instructor. Visit www.monkeysteps.com

111076-01	6 weeks	Wed	1/8-2/12	10:30-11:15am	1.5-3 yrs	\$72
111076-02	6 weeks	Wed	2/19-3/26	10:30-11:15am	1.5-3 yrs	\$72

Petit Ballerina

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom, pink ballet shoes required for class. Bedroom slippers will not be allowed.

122023-01	6 weeks	Wed	1/8-2/12	2-2:30pm	3-5 yrs	\$62
122023-02	6 weeks	Wed	2/19-3/26	2-2:30pm	3-5 yrs	\$62
122023-03	6 weeks	Wed	1/8-2/12	6-6:30pm	2.5-5 yrs	\$62
122023-04	6 weeks	Wed	2/19-3/26	6-6:30pm	2.5-5 yrs	\$62

Pretty Princess Pre-Ballet

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom, pink ballet shoes required for class. Bedroom slippers will not be allowed.

142033-01	6 weeks	Thu	1/9-2/13	3-3:45pm	4-7 yrs	\$62
142033-02	6 weeks	Thu	2/20-3/27	3-3:45pm	4-7 yrs	\$62

Tiny Tappers!

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes and this class will focus on learning the fun rhythms & steps of tap.

112026-01	6 weeks	Wed	1/8-2/12	2:30-3pm	3-5 yrs	\$62
112026-02	6 weeks	Wed	2/19-3/26	2:30-3pm	3-5 yrs	\$62

Ballet/Tap Combo

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed.

122021-01	6 weeks	Wed	1/8-2/12	3-3:45pm	5-8 yrs	\$62
122021-02	6 weeks	Wed	2/19-3/26	3-3:45pm	5-8 yrs	\$62
122021-03	6 weeks	Thu	1/9-2/13	9:15-10am	2.5-5 yrs	\$62
122021-04	6 weeks	Thu	2/20-3/27	9:15-10am	2.5-5 yrs	\$62



NEW

Ballet/Tap Level 2

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A more intense combo class, focusing on technique, turns, and advanced steps. Previous experience required. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed.

122022-01	6 weeks	Wed	1/8-2/12	4:30-5:15pm	7-12 yrs	\$62
122022-02	6 weeks	Wed	2/19-3/26	4:30-5:15pm	7-12 yrs	\$62

Musical Theatre Stars

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

122024-01	6 weeks	Wed	1/8-2/12	3:45-4:30pm	5-12 yrs	\$62
122024-02	6 weeks	Wed	2/19-3/26	3:45-4:30pm	5-12 yrs	\$62

Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required.

142034-01	6 weeks	Thu	1/9-2/13	3:45-4:30pm	5-12 yrs	\$62
142034-02	6 weeks	Thu	2/20-3/27	3:45-4:30pm	5-12 yrs	\$62

Gymnastics Level 1

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well!

111033-01	6 weeks	Thu	1/9-2/13	4:30-5:15pm	6-12 yrs	\$62
111033-02	6 weeks	Thu	2/20-3/27	4:30-5:15pm	6-12 yrs	\$62



Pre-School Gymnastics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class!

111032-01	6 weeks	Thu	1/9-2/13	5:15-5:45pm	4-6 yrs	\$62
111032-02	6 weeks	Thu	2/20-3/27	5:15-5:45pm	4-6 yrs	\$62

Pizza Party

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud

Let's rock around the Christmas tree with some groovy dance moves this holiday season! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor- cash only.

442037-01	1 Day	Sun	12/8	5-7pm	All Ages	\$10
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Fall Dance Recital

Anne Pennypacker, McGaugh Campus Auditorium, 1698 Bolsa Ave.

Registration fee for dancers to participate in the recital. Additional costume fee payable to instructor.

411029-01	1 Day	Tue	12/10	6:30-9pm	All Ages	\$10
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Children's Library Programs

at Mary Wilson Library

Kids' Crafts

1st Saturday of every Month
10 a.m.-5 p.m.

Legos in the Library

1st Thursday of the Month
4 - 5:30 p.m.

Teen Advisory Board & Activity

Dec. 5, Jan. 9, Feb. 6, Mar. 6
5:30-7 p.m.

Book Club for Adults

Dec. 19, Jan. 23, Feb. 27, Mar. 27
9-10 a.m.

Storytime Sessions

Jan. 6 - March 25 (No storytime January 20 and February 17)
Mondays or Tuesdays
10:30 or 11:15

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm
Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584.

Little Bird Kids Yoga

Jacqueline Asbury

Marina Community Center- Large Room, 151 Marina Dr.

Little Bird Kids Yoga guides children to use their imaginations, breath, and postures to develop health, relaxation and balance through playfulness, while encouraging lifelong healthy habits in a non-competitive, nurturing atmosphere. Please bring a mat and water with you to class. No class 2/14

111026-01	4 weeks	Mon	1/6-1/27	9-9:30am	2-5 yrs	\$42
111026-02	4 weeks	Mon	2/10-3/3	9-9:30am	2-5 yrs	\$42
111026-03	4 weeks	Fri	1/10-1/31	3:30-4:15pm	5-12 yrs	\$42
111026-04	4 weeks	Fri	2/7-3/7	3:30-4:15pm	5-12 yrs	\$42

Kids Yoga

Renee Ferguson

Seal Beach, Beach at Dolphin Ave.

Kids Yoga! Bring children 2-12 (adult supervision required) to the beach for 30 minutes of fun, kid geared instructional yoga. Everyone will need either a mat or a towel and water.

442082-02	1 Day	Sat	11/16	10:30-11am	2-12 yrs	\$10
142082-01	1 Day	Sat	12/14	10:30-11am	2-12 yrs	\$10
142082-02	1 Day	Sat	1/11	10:30-11am	2-12 yrs	\$10
142082-03	1 Day	Sat	2/8	10:30-11am	2-12 yrs	\$10

Kiddie Karate

Gary Pitts

Los Alamitos Community Center, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.

111050-01	4 weeks	Tue	1/7-1/28	5:30-6pm	3-5 yrs	\$35
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Karate Beg/Adv

Gary Pitts

Los Alamitos Community Center, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents should remain outside classroom.

122051-01	4 weeks	Tue	1/7-1/28	6:05-6:50pm	6+ yrs	\$40
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BeachFit Kids

Bryce Turner

Eisenhower Park, 10th Street at Ocean Ave.

CrossFit Kids workouts consist of constantly varied, functional movements that deliver an experience that is inclusive and scalable for all kids. CrossFit Kids is a specially designed fitness class for all ages, athletic levels, and all sport programs. Kids will learn the fundamentals of fitness such as the importance of physical activity, proper exercise, healthy eating, and sense of community. All workouts are fun and kids will achieve health & exercise goals and have a sense of accomplishment in their success. Pre-registration required through the Community Services Department. Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/24, 12/26, 12/31

142064-01	25 classes	Tue & Thu	12/3-3/6	4-5pm	7-14 yrs	\$250
142064-02	18 classes	Tue & Thu	1/7-3/6	4-5pm	7-14 yrs	\$180

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Soccer 1

Kidz Love Soccer Coach

Heather Park, Heather St & Lampson Ave.

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

123998-01	7 weeks	Tue	2/4-3/18	3:45-4:30pm	5-6 yrs	\$78
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Tot/Pre Soccer

Kidz Love Soccer Coach

Heather Park, Heather St & Lampson Ave.

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

123997-01	7 weeks	Tue	2/4-3/18	4:30-5:05pm	3.5-5 yrs	\$78
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Mommy/Daddy & Me Soccer

Kidz Love Soccer Coach

Heather Park, Heather St & Lampson Ave.

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

123995-01	7 weeks	Tue	2/4-3/18	5:15-5:45pm	2-3.5 yrs	\$78
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Skatedogs – Skateboarding

Adam Cohen

Heartwell Park- Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet.

123150-01	5 weeks	Sat	1/11-2/8	9-10:30am	5-13 yrs	\$125
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Basketball Camp

Jerri Crosby

McGaugh Campus Gym, 1698 Bolsa Ave.

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding. \$10 material fee payable to instructor at first class. No Class 12/25 & 1/1

123993-01	Mon/Tue/Thu/Fri	12/23-12/27	9am-12pm	4 Days	8-13 yrs	\$90
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123993-02	Mon/Tue/Thu/Fri	12/30-1/3	9am-12pm	4 Days	8-13 yrs	\$90
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Westminster ICE

13071 Springdale, Westminster

Fee: \$37/4 weeks

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. Pre-registration required through the Community Services Department for all classes. For individual class descriptions, dates, times, and class registration, visit our website at register.sealbeachca.gov.

Co-Ed Beginning Volleyball

Maria Fattal

McGaugh Campus Gym, 1698 Bolsa Ave.

Learn to play volleyball this winter. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 12/29

133060-01	10 weeks	Sun	12/1-2/9	12-2pm	9-13 yrs	\$150
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After School Homework, Sports, and Activities!

Coach Scott Durzo & Awesome Coaching Staff

McGaugh Gym, Fields, and Classroom

1st – 5th Graders

The Total Sport Camp - 33rd Year of The Total Sport Camp!

A \$200 Kid Card is required prior to participation. This fee is directly applied to your child's participation hours at camp. Your Kid Card will need to be "reloaded" throughout the school year based upon level of participation. \$6 per hr (\$4 per/hr each additional sibling), which is deducted from your (pre-paid) Kid Card). A 2-hour minimum is charged each day your child participates. No weekly minimum, you are charged for participation days only. Kid Card valid only for school year 2013-14; not transferrable to next year; no credits on unused portion; not good for summer or any other camp offerings.

The Total Sport Camp is a positive place for homework assistance, after school activities, and sports! Emphasis is placed on learning, good sportsmanship, and encouraging your child to do their best! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions: scottdurzo@mac.com.

Dates: We follow the Los Alamitos Unified School Calendar

Time: Immediately after-school 'til 6 p.m.; including all minimum days (12:25p and Wednesday's at 1p.m)

Camp Closed All Holidays

127010-01	Mon-Fri	8/28/13- 6/12/14	5-11 yrs	\$200
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Winter Wonderland Workshop with LEGO



Play-Well Teknologies Staff

Marina Community Center- Large Room, 151 Marina Dr.

Parents drop off your kids and finish up last minute shopping! In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sleds, and even holiday lighting. Pre-registration required.

113050-01	1 Day	Mon	12/23	9am-12pm	5-12 yrs	\$20
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Mad Science: Super Science Saturdays



O.C. Mad Science Staff

Marina Community Center- Large Room, 151 Marina Dr.

See fascinating displays, participate in hands-on experiments and make and take home projects! We will provide lunch. All children must be POTTY TRAINED. \$5 material fee due at the door.

Wacky Water Winter Fest

127203-01	Sat	12/21	10am-2pm	1 Day	3-12 yrs	\$35
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Movie Magic: Movie Effects, Animation, Sound Effects

127203-02	Sat	2/15	10am-2pm	1 Day	3-12 yrs	\$35
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Science that Rocks- Earthquakes, Minerals, Geology

127203-03	Sat	3/8	10am-2pm	1 Day	3-12 yrs	\$35
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Mad Science 2 Day Camps



O.C. Mad Science Staff

Marina Community Center- Large Room, 151 Marina Dr.

Radical Reactions

Ready, Set, Reactions! Learn with hands-on experiments that matter is never created or destroyed. You will discover the differences between physical and chemical reactions and how atoms join together to make reacting molecules! \$10 materials fee due the first day of class.

127204-01	2 Days	Mon & Tue	12/30-12/31	9am-12pm	5-12 yrs	\$55
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Slime Time!

It's SLIME TIME! Learn about the world of polymers, the chemical reactions to create them and the inner workings of silly putty! Atoms to molecules to polymers check out how it all works together. \$10 materials fee due the first day of class.

127204-02	2 Days	Thu & Fri	1/2-1/3	9am-12pm	5-12 yrs	\$55
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Readwrite Educational Solutions

Reading Development

Readwrite Ed Solutions Inc. Staff

Fire Station #48- Community Room

3131 N. Gate Rd

Individualize student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially- trained teachers test, structure and implement your child's program. First day is comprehensive testing. Grade 2-6. Program and testing fee \$30 payable to instructor at the first day of class.

122080-01	8 Classes	Wed & Thu	1/8-1/30	3:45-4:40pm	6.5-11 yrs	\$109
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122080-02	8 Classes	Wed & Thu	2/12-3/6	3:45-4:40pm	6.5-11 yrs	\$109
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Math Development

Readwrite Ed Solutions Inc. Staff

Fire Station #48- Community Room

3131 N. Gate Rd

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - x ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. Grade 2-6. Program and testing fee \$30 payable to instructor at first class.

122081-01	8 Classes	Wed & Thu	1/8-1/30	4:45-5:40pm	6.5-11 yrs	\$109
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122081-02	8 Classes	Wed & Thu	2/12-3/6	4:45-5:40pm	6.5-11 yrs	\$109
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SAT Prep & Test Strategies

Readwrite Ed Solutions Inc. Staff

El Dorado Park West Community

2760 Studebaker Road

This class will provide a practice SAT test, manual, and individualized SAT instruction guaranteed to strengthen areas of weakness and improve your child's score. Your child will be instructed by our top tier teachers in the best studying and test taking strategies. Grade 9-12. Additional program and material fee: \$45 due at first class. More info: 949-263-0633.

122082-01	3 weeks	Sat	2/15-3/1	9am-1pm	14-18 yrs	\$145
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Reiki Level I

Linda Hicks

Fire Station #48- Community Room, 3131 N. Gate Rd

The Reiki 1 Certification Workshop is an introduction to Reiki that encompasses the history and principles of Reiki, the Chakra system, Grounding Meditation, Reiki session-giving and receiving, and a Level 1 Reiki Attunement. This level will give you an awareness and understanding of life force energy, and how to channel Reiki energy through the traditional hands-on healing method. Each student will receive an ICRT "Reiki the Healing Touch" Manual, handouts, crystal necklace, meditation CD, and Reiki Practitioner's Certificate suitable for framing. This is a one day Workshop. Bring sack lunch. \$20 material fee is payable to the instructor at class.

145020-01	1 Day	Sat	1/25	9am-5pm	18+ yrs	\$102
145020-02	1 Day	Sat	2/22	9am-5pm	18+ yrs	\$102

Reiki Level II

Linda Hicks

Fire Station #48- Community Room, 3131 N. Gate Rd

Prerequisite: Reiki Level 1. This Level II Workshop includes more Japanese Healing Techniques, using Reiki for specific conditions, learn what the Reiki II symbols represent and how to draw them, learn how to chant the symbols, learn how to use Reiki to heal unwanted habits, manifest positive changes in your life and work on a deeper level of healing, Distant Healing, the Level II Attunement, in-depth discussion of the Chakra System and how to use it in your Distant Healing sessions, Guided Meditation, Handouts, Chakra Stone Set, incorporating sound into your healing sessions with the Buffalo Drum and Tingshas, Level II Practitioner's Certificate suitable for framing. "Reiki the Healing Touch" manual available, if needed. This is a one day Workshop. Bring sack lunch. \$20 material fee payable to instructor at class.

145021-01	1 Day	Sat	3/8	9am-5pm	18+ yrs	\$102
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Dog Obedience

Khara Knight, Dog Services Unlimited Trainer
Laurel Park, 10862 Bloomfield Street

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

166040-01	7 weeks	Thu	1/16-2/27	6:15-7:15pm	9+ yrs	\$88
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Canine Games Agility Course

April Brittsan, Dog Services Unlimited Trainer

El Dorado West, 2400 Studebaker Rd

Looking for fun, exercise and quality time to spend with your canine companion? This course introduces a variety of challenging obstacles, including tunnels, teeter-totter, tire jump, A-frame, dog-walk, bar-jumps and weave poles. Trophies and certificates awarded at fun competition at final meeting. Bring current vaccination records, a lawn chair, and a \$30 material fee to first class, which is an orientation, held WITHOUT DOGS. No previous experience needed, but some on-leash obedience training is helpful. Additionally family members are welcome to attend at no charge (no children under 7 years allowed on the course, please). All classes held on grass median adjacent to the baseball field just north of Willow. Enter the park from Studebaker Rd., first entrance north of Willow, and follow service road toward back of the park, past the baseball fields, towards Willow.

166042-01	7 weeks	Wed	1/15-2/26	6-7pm	12+ yrs	\$87
166042-02	7 weeks	Wed	1/15-2/26	7-8pm	12+ yrs	\$87

First Aid, CPR, & AED Training

Erik Berg

Fire Station #48- Community Room
3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. \$15 book fee payable to instructor at class.

446031-03	1 Day	Sat	11/23	9am-3:30pm	16+ yrs	\$45
146031-01	1 Day	Sat	12/14	9am-3:30pm	16+ yrs	\$45
146031-03	1 Day	Sat	2/15	9am-3:30pm	16+ yrs	\$45

CPR & AED Training

Erik Berg

Fire Station #48 - Community Room
3131 N. Gate Rd

Class is designed to teach individuals basic CPR and use an Automatic external defibrillator (AED). This is a hands-on class. Students must be physically capable of getting on hands and knees to participate. Two year certification from date of issue. \$10 book fee payable to instructor at class.

146031-02	1 Day	Sat	1/18	9am-12pm	16+ yrs	\$35
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Mah Jongg – Beginners

Diann Soss Zenda

Los Alamitos Community Center, 10911 Oak Street

Mah Jongg is a fun and challenging tile game. Learn how to identify the bams, dots and craks as well as how to win. Come learn a new skill and meet new friends. \$10 fee payable to instructor for class handouts and the National Mah Jongg League playing card.



166090-01	4 weeks	Wed	2/5-2/26	12:30-4pm	18+ yrs	\$38
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Love Your Skin for Life

Vicki Bolger

Los Alamitos Community Center, 10911 Oak Street

If you are in your 20's, 30's, 40's, 50's + ...then this workshop is for you. This workshop will identify your skin type and how to deal with it, education on essential steps to achieving and maintaining great skin. Students will participate in hands-on demonstration and Q & A. \$10 skin care booklet payable to instructor at class.

145030-01	1 Day	Wed	1/8	7-9pm	18+ yrs	\$20
145030-02	1 Day	Wed	3/5	7-9pm	18+ yrs	\$20

Beauty Bar Color Workshop

Vicki Bolger

Los Alamitos Community Center, 10911 Oak Street

The workshop goal is to teach you how to achieve a flawless and glamorous look custom just for you. We will begin with skin care to prepare your canvas and then we will identify your face and eye shapes to learn how to apply color make up to enhance your facial features. Class will include many make up techniques and tips, what's up with brushes, what primers do and many other questions you may have about why your make up doesn't look like the model in the picture. \$10 color techniques booklet payable to instructor at class.

145031-01	1 Day	Wed	2/5	7-9pm	18+ yrs	\$20
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Adult Tap

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An amazing and fun workout! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class. No Class 3/4

Level 1:

142026-01	6 weeks	Tue	1/7-2/11	7:30-8:15pm	18+ yrs	\$65
142026-02	6 weeks	Tue	2/18-4/1	7:30-8:15pm	18+ yrs	\$65

Level 2:

142026-03	6 weeks	Thu	1/9-2/13	7:15-8pm	18+ yrs	\$65
142026-04	6 weeks	Thu	2/20-3/27	7:15-8pm	18+ yrs	\$65

Argentine Tango Level 2

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! Must have previous experience in tango. No Class 3/4

142038-01	6 weeks	Tue	1/7-2/11	8:15-9:15pm	18+ yrs	\$65
142038-02	6 weeks	Tue	2/18-4/1	8:15-9:15pm	18+ yrs	\$65



Adult Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor. Every session will have new choreography and a new routine.

142028-01	6 weeks	Wed	1/8-2/12	6:30-7:30pm	18+ yrs	\$65
142028-02	6 weeks	Wed	2/19-3/26	6:30-7:30pm	18+ yrs	\$65

Rhythm & Latin

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Dancers will learn salsa, merengue and cha cha in this upbeat Latin class! Partner not necessary.

142036-01	6 weeks	Wed	1/8-2/12	8:45-9:45pm	18+ yrs	\$65
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Cha Cha!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A popular Latin dance, the cha cha will have you sizzling on the dance floors! Come learn to lead and follow as we dance one of my favorites!

144025-01	6 weeks	Wed	2/19-3/26	8:45-9:45pm	18+ yrs	\$65
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Adult Ballet/Jazz

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended.

142040-01	6 weeks	Thu	1/9-2/13	8-9pm	18+ yrs	\$65
142040-02	6 weeks	Thu	2/20-3/27	8-9pm	18+ yrs	\$65

Ballroom & Latin Dancing

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! Partners not needed!

142024-01	1 Day	Sat	2/22	7:30-9:30pm	18+ yrs	\$15
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Tai Chi Chih I

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 1/20

142073-01	5 weeks	Mon	1/6-2/10	6:40-7:40pm	17+ yrs	\$42
142073-02	5 weeks	Mon	2/24-3/24	6:40-7:40pm	17+ yrs	\$42

Tai Chi Chih II

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness. No Class 1/20

142077-01	5 weeks	Mon	1/6-2/10	5:30-6:30pm	17+ yrs	\$42
142077-02	5 weeks	Mon	2/24-3/24	5:30-6:30pm	17+ yrs	\$42

Flow Yoga

Renee Ferguson

Seal Beach, Beach at Dolphin Ave.

Geared towards all yoga levels. Emphasis on Vinyasa, core, & balancing. Please bring a mat or towel and water. Pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/24, 12/25, 12/26, 12/31, 1/1, 1/2

142081-01	11 weeks	Tue-Thu	12/3-2/27	9-10am	18-80 yrs	\$350
142081-02	1 Month	Tue-Thu	12/3-12/19	9-10am	18-80 yrs	\$130
142081-03	1 Month	Tue-Thu	1/7-1/30	9-10am	18-80 yrs	\$130
142081-04	1 Month	Tue-Thu	2/4-2/27	9-10am	18-80 yrs	\$130

Hatha Yoga

Suzu Hazard

Seal Beach Senior Center, 707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

442070-02	4 weeks	Tue	11/26-12/17	5:30-6:45pm	18+ yrs	\$32
142070-01	9 weeks	Tue	1/7-3/4	5:30-6:45pm	18+ yrs	\$74



Jacki Sorensen's Fitness/Dance Class

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$6 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142030-01	12 weeks	Tue & Thu	1/7-3/27	4:30-5:30pm	18+ yrs	\$122
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Jazzercise

Mary Jo Fouché

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/14, 12/25, 12/28, 1/1, 1/20 & 2/17

North Seal Beach Center, 3333 St. Cloud

442044-03	6 weeks	Mon & Wed	11/25-12/30	6-7pm	13+ yrs	\$65
142044-01	6 weeks	Mon & Wed	1/6-2/12	6-7pm	13+ yrs	\$65
142044-02	6 weeks	Mon & Wed	2/19-3/26	6-7pm	13+ yrs	\$65

Marina Community Center, 151 Marina Dr.

442042-03	6 weeks	Tue/Thu Tue/Thu Sat	11/26-1/4	8-9am 6-7pm 8:30-9:30am	13+ yrs	\$85
142042-01	6 weeks	Tue/Thu Tue/Thu Sat	1/7-2/15	8-9am 6-7pm 8:30-9:30am	13+ yrs	\$85
142042-02	6 weeks	Tue/Thu Tue/Thu Sat	2/18-3/29	8-9am 6-7pm 8:30-9:30am	13+ yrs	\$85

Zumba Fitness

Marika Huelskamp

Marina Community Center- Large Room, 151 Marina Dr.

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 1/20 & 1/22

142090-01	5 weeks	Mon	1/6-2/10	7:30-8:30pm	18+ yrs	\$50
142090-02	5 weeks	Mon	2/24-3/24	7:30-8:30pm	18+ yrs	\$50
142090-03	5 weeks	Wed	1/8-2/12	7:40-8:40pm	18+ yrs	\$50
142090-04	5 weeks	Wed	2/26-3/26	7:40-8:40pm	18+ yrs	\$50
142090-25	5 weeks	Mon/ Wed	1/6-2/10	7:30-8:30pm (Mon) 7:40-8:40pm (Wed)	18+ yrs	\$80
142090-26	5 weeks	Mon/ Wed	2/24-3/24	7:30-8:30pm (Mon) 7:40-8:40pm (Wed)	18+ yrs	\$80

Beginning Pilates

Bonnie Nash
Seal Beach Senior Center, 707 Electric Ave.

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginner's class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 2/17

142072-01	4 weeks	Mon	1/13-2/3	12:30-1:30pm	18+ yrs	\$42
142072-02	3 weeks	Mon	2/10-3/3	12:30-1:30pm	18+ yrs	\$32

Pilates Intermediate

Bonnie Nash
Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 2/17

442069-03	4 weeks	Mon	11/25-12/16	11:30am-12:30pm	18+ yrs	\$42
142069-01	4 weeks	Mon	1/13-2/3	11:30am-12:30pm	18+ yrs	\$42
142069-02	3 weeks	Mon	2/10-3/3	11:30am-12:30pm	18+ yrs	\$32

Pilates Advanced

Bonnie Nash
Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of Pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met.

442071-03	3 weeks	Fri	12/6-12/20	1:15-2:15pm	18+ yrs	\$32
142071-01	4 weeks	Fri	1/10-1/31	1:15-2:15pm	18+ yrs	\$42
142071-02	5 weeks	Fri	2/7-3/7	1:15-2:15pm	18+ yrs	\$52

Aikido for Adults

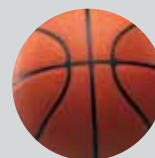
Steve Wasserman
North Seal Beach Center, 3333 Saint Cloud

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is optional (\$40). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9:30-11am. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/25 & 1/1

142050-01	26 Classes	Mon & Wed	12/2-3/5	7:30-9:30pm	18+ yrs	\$141
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Basketball League

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at Mlee@sealbeachca.gov.



Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail Mlee@sealbeachca.gov.



Beach Boot Camp

Bryce Turner
10th Street Beach, 10th St at Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pre-registration required through the Community Services Department. Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142062-01	14 weeks	Sat	12/7-3/8	8-9am	12+ yrs	\$140
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BeachFit Moms

Annika Turner
Eisenhower Park, 10th St at Ocean Ave.

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind-Body connection you will learn how to live a healthier and more fit life. Pre-registration required through the Community Services Department. Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/24, 12/25, 12/26, 12/31, 1/1

142063-01	39 Classes	Mon/Wed/Fri	12/2-3/7	9:30-10:30am	18+ yrs	\$420
142063-02	25 Classes	Tue & Thu	12/3-3/6	9:30-10:30am	18+ yrs	\$280
142063-67	25 Classes	Mon/ Wed	12/2-3/5	5-6pm	18+ yrs	\$280



Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527 Extension 1344

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Winter Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$5 pass reissuing fee

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40 34 swim pass: \$80
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2 16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

If you have already been issued an electronic card by the Community Services Department and would like to renew your swim pass, visit register.sealbeachca.gov

Private Swim Lessons

Please call Nora Jean Terborch at the pool office at (562) 430-9612 to arrange a private lesson.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus Pool, 1698 Bolsa Ave

This deep-water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in the class. You will burn calories while improving endurance, flexibility and strength.

144010-01	5 weeks	Mon & Wed	1/6-2/5	5:30-6:30pm	18+ yrs	\$55
144010-02	5 weeks	Mon & Wed	2/10-3/12	5:30-6:30pm	18+ yrs	\$55

Private Surf Lessons

Chas Wickwire, 1st Street Beach @ Ocean Ave

Chas is a perennial City Champion and four time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels; the goal of his classes is to provide the building blocks for a lifetime of enjoyment. Learn to surf or improve your skills in our camps or private sessions. Let us make your birthday party, girls or boys day out, office team building or corporate outing memorable with a surfing theme through our special events program. All required equipment is provided with an unparalleled level of instruction and a keen attention to detail. Come down and enjoy the Ohana and Aloha of the Chas surfing experience, the fun is guaranteed! The Chas surf School is a Family business celebrating its thirteenth year of operation. All ages are welcome! Surfboards & wetsuits provided. *Please indicate your date and time preference on the registration form or in the note section at the checkout screen. This is a 1.5 hour private lesson.

167050-01 By Appointment Only *12/2-3/9 1.5 hour session All ages 1 Day \$77

M&M Surfing

Michael Pless, Seal Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your date/ time preference on the registration form. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class. No class 12/25

Choose 5 Days:

167061-01 Mon-Sun *12/2-3/9 8am-12pm 5 Days 5+ yrs \$252

1 Day Group Lesson:

167063-01 By Appointment Only *12/2-3/9 8am-12pm 1 Day 5+ yrs \$67

1 Hour Group Lesson:

167064-01 By Appointment Only *12/2-3/9 1 Day 5+ yrs \$52

1 Hour Semi- Private Lesson:

167065-01 By Appointment Only *12/2-3/9 1 Day 5+ yrs \$82

1 Hour Private Lesson:

167066-01 By Appointment Only *12/2-3/9 1 Day 5+ yrs \$100

Classes are taught by Seal Beach Community Services and Los Alamitos High School Tennis Coach, Brian Collison. Players must bring their own tennis racquet, water, and tennis shoes to class. Classes may be combined with others or cancelled, if the minimum is not met. New classes may be created if maximums are exceeded.

Heather Park • Corner of Heather & Lampson • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-01	1	1/6-3/3	Mondays	Kids Beginning	7	4:30-5pm	4-6yrs	\$58	3	6
133021-01	1	1/6-3/3		Juniors Beginning		5-6pm	7-10 yrs	\$114	3	8

McGaugh Campus • 1698 Bolsa Avenue • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-02	1	1/8-3/5	Wednesdays	Kids Beginning	8	1:15-2pm	5-6yrs	\$98	3	6
133021-02	1	1/8-3/5		Juniors Beginning		2-3pm	7-10yrs	\$130	3	8

Marina Park • 151 Marina Drive • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
133021-03	1	1/8-3/5	Wednesdays	Juniors Beginning	6	4-5pm	7-10yrs	\$130	3	8
133023-01	1	1/8-3/5		Tweens Beginning		5-6pm	11-13yrs	\$130	3	8
133022-01	1	1/8-3/5		Adults Beginning		6-7pm	16+yrs	\$130	3	8

Seal Beach Tennis Center • 3900 Lampson Avenue • (562) 598-8624 - Open to the Public

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-03	1	1/7-3/4	Tuesday	Kids Beg/Adv	8	4:15-5pm	5-6 yrs	\$98	3	6
133021-04	1	1/7-3/4		Juniors Beg/Adv		5-6pm	7-10 yrs	\$130	3	8
133023-02	1	1/7-3/4		Tweens Beg/Adv		6-7pm	11-13 yrs	\$130	3	8
CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
133021-05	1	1/9-3/6	Thursday	Juniors Beg/Adv	8	4-5pm	7-10 yrs	\$130	3	8
133023-03	1	1/9-3/6		Tweens Beg/Adv		5-6pm	11-13 yrs	\$130	3	8
133022-03	1	1/9-3/6		Adults Beginning		6-7pm	16+ yrs	\$130	3	8

No Class: 1/20, 2/17, 2/18, 2/19, 2/20 **Beginning tennis** is for students with little to no experience. **Advanced tennis** is for students who contain knowledge of basic tennis strokes, grips, and ready positions.



SEAL BEACH TENNIS CENTER

3900 Lampson Ave. • 562-598-8624 • www.sealbeachtenniscenter.com

The Seal Beach Tennis Center is a beautiful facility open to the public 7 days per week, and offering tennis programs and activities for all ages and skill levels. Center includes 16 tennis courts, indoor fitness facility, pro shop, clubhouse and full locker rooms. Visit www.sealbeachtenniscenter.com for our upcoming events and the latest SBTC tennis news!

Tennis Programs

- Private & group lessons by USPTA instructors
 - City Recreation tennis classes
 - SBTC Junior Program
 - Weekly Tennis workouts & clinics
 - Tuesday Night Doubles
 - Personal training
 - Special tennis events & tournaments
- And much more...

Facility & Services

The SBTC includes:

- A Pro Shop where you can pick up needed tennis supplies
- Snacks and beverages
- Racquet restringing

Tennis Professionals

Our facility is home to a number of tennis professionals who can assist you with all your tennis needs.

Clubhouse & Tennis Courts

The Clubhouse and Tennis Courts are available to rent for your next special occasion, event, training or corporate meeting. Please call 562-598-8624 for a quote or visit www.sealbeachtenniscenter.com for an application.

Tennis Center Public Hours

Monday – Friday 12 - 9:30 p.m.
Saturday & Sunday 12 - 5:30 p.m.
The general public may reserve courts 4 days in advance.

General Public Fees

- 12 - 5:00 p.m. – \$10 per hour/court
5 - 9:30 p.m. – \$12 per hour/court
- Seal Beach Residents receive a \$2 discount per hour, per court
 - Junior Rates (17 years and under) – \$5 per hour per court

www.sealbeachtenniscenter.com

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

Senior Center, 707 Electric Ave.

Free – Drop in – Tuesday 9 a.m. - 3 p.m.

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.



Medicare 101

Cesar Arteaga, Seal Beach Senior Center, 707 Electric Ave.

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal. Pre-registration required.

456040-01	1 Day	Mon	11/18	9-11am	63+ yrs	Free
156040-01	1 Day	Thu	12/5	10-11am	63+ yrs	Free
156040-02	1 Day	Mon	1/13	10-11am	63+ yrs	Free
156040-03	1 Day	Mon	2/3	10-11am	63+ yrs	Free
156040-04	1 Day	Mon	3/3	10-11am	63+ yrs	Free

Map & Facilities

Amenity Key Updated December 2012

- Baseball Fields
- Basketball Courts
- Bike Racks
- Bleachers
- Classes Offered Here
- Community Center
- Community Garden
- Drinking Fountains
- Dugout Bench
- Gravel Parking Area
- Gymnasium
- Handball Courts
- Park Benches
- Paved/Striped Parking Spaces
- Pet Waste Dispenser
- Picnic Shelters
- Picnic Tables
- Portable Toilets
- Reservable
- Restrooms
- Soccer Fields
- Softball Fields
- Swimming Pool
- Swing Sets
- Tennis Courts
- Tetherball
- Tot Lot/Playgrounds
- Trash Receptacles
- Volleyball Courts



Map not to scale

Park/ Facility

L = Lit U = Unlit i = Indoor

1 Almond Park – 4600 Almond Ave. in College Park East	
2 Arbor Park – 4665 Lampson Ave. Behind the WestEd Facility, College Park East off Lampson Ave	
3 Arbor Dog Park – 4665 Lampson Ave. Behind the WestEd Facility off Lampson Ave	
4 Aster Park – Aster St. & Candleberry in College Park East	
5 Beach	
6 Bluebell Park – Almond Ave. & Bluebell St. in College Park East	
7 City Hall & Community Services Office – 211 8th St on the 2nd floor in Old Town	
8 Corsair Park – Corsair Way in Bridgeport	
9 Edison Park – 99 College Park Dr. in College Park West	
10 Eisenhower Park – Ocean Ave. at Main St. in Old Town	
11 Electric Greenbelt – Runs along Electric Ave in Old Town	
12 Fire Station #48, Community Room – 3131 North Gate Rd.	
13 Gum Grove Nature Park – corner of Crestview & Avalon Dr. on the Hill	
14 Heather Park – Heather St. & Lampson in College Park East	
15 Los Alamitos Community Center – 10911 Oak St., Los Alamitos	
16 Los Alamitos/Rossmoor Library – 12700 Montecito Rd. (562) 430-1048	
17 Marina Park & Community Center – 151 Maina Dr. in Old Town	
18 McGaugh School (LAUSD) – 1698 Bolsa Ave. on the Hill	
19 North Seal Beach Center – 3333 St. Cloud Dr.	
20 Schooner Park – Schooner Way & Dory Way in Bridgeport	
21 Seal Beach Police – 911 Adolpho Lopez Dr. (562) 799-4100	
22 Seal Beach Senior Center/Mary Wilson Library – 707 Electric Ave. in Old Town	
23 Seal Beach Tennis Center/Club House – 3900 Lampson Ave (562) 598-8624 www.sealbeachtenniscenter.com	
24 Windsurf Park – Adjacent to the 1st St. Beach Parking Lot	
25 Zoeter Field – 12th St. & Landing Ave. in Old Town	

5 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
 211 8th Street
 Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

2 WALK IN

Open Monday - Friday

Registration in person at Seal Beach City Hall from 8 a.m. -5 p.m. Monday through Friday. Closed daily from 12-1p.m.

3 ONLINE

Register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more!

If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Register online at: **register.sealbeachca.gov**

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

Scan and e-mail your registration to **communityservices@sealbeachca.gov**

Online Registration Begins November 4

Walk-in and Mailed Registration Begins November 12

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Dana at dengstrom@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."



Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street
 Seal Beach, CA 90740
 Office (562) 431-2527 ext. 1344
 Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
 (closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

☐ Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
						TOTAL \$	

RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: _____ SIGNATURE: _____

(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____

☐ CASH

☐ VISA  ☐ MASTERCARD 

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSR STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001



201 8th Street, Suite 120
Seal Beach, CA 90740
Phone (562) 799-0179
www.sealbeachchamber.org



211 8th Street (2nd floor)
Seal Beach, CA 90740
(562) 431-2527 x1306



present the 2013 Seal Beach

Christmas Tree Lighting Ceremony

Saturday
November 30

**Come see the beautiful
18' Christmas Tree!**

4pm to 7pm
tree lighting at dusk
at the base of the
Seal Beach pier

Gift tag-shaped
tree ornaments
will be sold
through the
Seal Beach Chamber
(562-799-0179)
with limited availability.

Design 1



Design 2



Design 3
(families only)



Christmas Holiday Parade 12/6/13
Breakfast with Santa on 12/14/13 Marina Park
(Toy Drive Honoring Our Fallen)

- Photo op with Santa
- **The Sun** will post photos online
- snowman contest
- Orange County Song and Dance to perform
- Toy Drive
- real snow
- hot cocoa
 - coffee
 - pastries

